



ONLINE COURSE FOR THE EDUCATOR

COURSE INTRO AND SETTING YOU UP FOR SUCCESS

This module will show you how this course is designed for you to really understand every concept, practice, and term. You will learn the structure to follow to internalize what's taught, tips to ensure you successfully complete the course, and the mindset needed to train your brain for growth.

Introducing the SEL Every Day Course Framework & Structure

MINDFULNESS

In this module you will learn what Mindfulness REALLY IS and be introduced to the term *Interbeing*. You will understand the difference between Mindfulness and Meditation, gain clarity around what Mindful Awareness Practices (MAPs) are, and learn the distinction among Deconstructive, Attentional and Constructive practices. You will also engage with the Tree of Contemplative Practices. Additionally, this module highlights the latest Mindfulness in Education research and best practices for implementing Mindfulness in Schools. Most importantly, this module offers detailed instruction on how to begin, sustain, and deepen your personal mindfulness practice through formal and informal practices.

Lesson 1: What is Mindfulness?

Lesson 2: Why Practice Mindfulness?

Lesson 3: How Do You Practice Mindfulness? Part 1: Your Personal Practice (Formal)

Lesson 4: How Do You Practice Mindfulness? Part 2: Your Personal Practice (Informal)

Lesson 5: How Do You Teach Mindfulness?

SOCIAL AND EMOTIONAL LEARNING (SEL)

In this module you will receive a comprehensive definition of Social and Emotional Learning, learn about connections between SEL and Mindfulness and Equity, be introduced to key SEL frameworks and resources and get clear on the three main areas of SEL skills. This module also includes the latest research and resources on why SEL needs to be taught and learned, and provides a roadmap for implementing SEL.

Lesson 1: What is SEL?

Lesson 2: Why Prioritize SEL?

Lesson 3: Implementing SEL, Step 1 - The Blueprint & Foundation of Building Your SEL House

Lesson 4: Building Your SEL House Step 2 - Construct the Framing & Wiring of Your Classroom & School

Lesson 5: Building Your SEL House Step 3 - Install Drywall & Furnishings for Enacting SEL in Your Classroom & School

Lesson 6: Building Your SEL House Step 4 - Maintaining & Renovating for Continuous Improvement

BELONGING

This module centers on what *Belonging* truly is, why it matters, and how Mindfulness and SEL are vehicles for advancing a world built on belonging. Through this module you will get clear on key terms that are essential for understanding and ultimately creating the conditions for belonging (equity, anti-racist, decolonization, cultural appropriation, intersectionality, race, racial justice, structural racism, white fragility, white privilege, white supremacy, etc.), and be introduced to practical strategies to begin the inner work of racial healing. You will also engage with promising practices for creating a culture of belonging: Cultural Integration, Classroom Community Building, Ethnic-Racial Identity Development and utilize the SEL Competencies to explore and examine how you can create a more equitable classroom. Finally, this module brings the entire course together through having you commit to and create a plan for practicing love and hope on a daily basis.

Lesson 1: Advancing a World Built on Belonging

Lesson 2: Creating Belonging in Our Classrooms & Schools

Lesson 3: Bringing it All Together in Service of Belonging

Learn with Meena through the SEL Every Day Online Courses

Meena's powerful, resource rich, self-paced online courses provide an unparalleled opportunity to transform your life and your teaching practice. Identified as one of four Next Generation Leaders to speak about *Building a Culture of Equity Through SEL* at *CASEL's inaugural 2019 SEL Exchange*, Meena's courses reflect her unique, global perspective, commitment to justice, and wealth of knowledge as one of the only thought leaders who encompasses:

- Deep expertise, extensive practice and published books in both the fields of **Mindfulness in Education** and **Social and Emotional Learning (SEL)**.
- Practical, on-the-ground leadership experience as both a teacher and district leader implementing SEL systemically through an equity lens. She has also taught and led in a wide variety of school settings (public, private, urban, and international) and understands first-hand what it means to integrate SEL in various educational and cultural contexts.